

STAY HOME WITH CONFIDENCE.

Through improvements in technology and advances in medicine, people are now leaving the hospital sooner and continuing their care at home. There are many health care services that can be provided right inside your home, where you're most comfortable. If you are worried about caring for yourself or burdening your family, we can help.

Working under the direction of your personal physician, Great Lakes Home Healthcare brings a full range of medical services right to your door. Rest assured, every member of our staff is professional, experienced, and specially trained in home care. A nurse is available 24 hours a day to respond to emergencies or answer any question you may have.

Through care planning, management, and evaluation, Great Lakes Home Healthcare makes sure the care you receive from your physician or the hospital continues at home. And because our care includes education, we help you take a more active role in your treatment or therapy. This approach enhances your independence and often leads to a quicker recovery.

Don't forget, the law guarantees you the right to choose your home care provider. Be sure to share your home care choices with your physician and other health care providers. Ask for Great Lakes Home Healthcare.

REHABILITATION. RIGHT AT HOME.

Great Lakes Home Healthcare:
Rehabilitation Services



UPMC Hamot

GREAT LAKES HOME HEALTHCARE

814-877-6120
1-800-772-7212

To make an appointment or for more information, call **814-877-6120** or visit us at **UPMCHamot.org**.

Great Lakes Home Healthcare is a Medicare certified home health care agency, licensed by the PA Dept. of Health and accredited by the Joint Commission. GLHH is a member of the PA Home Care Association.

UPMC is an equal opportunity employer. UPMC policy prohibits discrimination or harassment on the basis of race, color, religion, ancestry, national origin, age, sex, genetics, sexual orientation, marital status, familial status, disability, veteran status, or any other legally protected group status. Further, UPMC will continue to support and promote equal employment opportunity, human dignity, and racial, ethnic, and cultural diversity. This policy applies to admissions, employment, and access to and treatment in UPMC programs and activities. This commitment is made by UPMC in accordance with federal, state, and/or local laws and regulations.

UPMC Hamot



REHABILITATION SERVICES

Whether you have recently undergone orthopaedic surgery or are suffering from the effects of a recent fall, weakness, or stroke, Great Lakes Home Healthcare is here to help. Our rehabilitation team includes highly trained therapists in a wide variety of specialties.

The time after surgery or an acute illness can weaken our overall strength. Rehabilitation therapy is proven to be effective in increasing that strength. Leaving your home is not always an easy or available option. Upon receiving an order from your physician, our therapists can come to you — in the comfort of your own home — to help develop a recovery plan that best meets your needs. Your home will be evaluated with recommendations given to best accommodate your rehabilitation process.

OUR COMPREHENSIVE SERVICES INCLUDE:

Physical therapy

- Specialized post-op surgery programs for knee, hip, and spinal surgeries
- Home safety evaluations
- Post CVA rehabilitation
- Gait strengthening
- Balance training
- Equipment training and evaluation
- Pain assessment and treatment
- Transfer and stair training
- Energy conservation
- Lymphedema wrapping
- Anodyne® Infrared Light Therapy System

Occupational therapy

- Improve upper extremity strength
- Improve independence in self-care activities, such as bathing, dressing, and feeding
- Upper extremity and hand therapy
- Adaptive equipment
- Balance and endurance training
- Assistance in wheelchair fitting
- Visual deficit training and safety evaluation
- Community re-integration
- Cognition
- Patient and family education
- Energy conservation

Speech therapy

- Speech articulation
- Swallowing difficulties
- Therapeutic exercise
- Cognitive function
- Auditory/visual comprehension
- Verbal and graphic expression

HOME HEALTH AIDES

Home health aide services are available to provide personal care and assist with dressing, bathing, transfers, and feeding. All of these services are supervised by the guidance of a registered nurse.

MEDICAL SOCIAL WORK

To assist you in your transition back home, we have a medical social worker available to assess and improve your emotional adjustment through counseling, as well as referral to outside community resources and agencies. The social worker can help you — and your family — adjust to issues resulting from illness or injury.

SERVICE AREA AND REIMBURSEMENT

Great Lakes Home Healthcare provides services to residents of Erie County. We are a preferred provider for most third party payers.